

# Module Five

## ACTIVITIES

**A learning module developed by the Bureau of Facility Standards to train residential care or assisted living facility staff.**

### **Why you should take this training.**

To provide activity programs which encourage residents to begin or maintain activity levels, improved health and promote independent living.

### **What you will learn in this module:**

- ✓ What is the purpose of providing activities.
- ✓ Why activities are beneficial for your residents.
- ✓ What are the key elements of an activity program.
- ✓ What are the different kinds of activities available.



### **What you need to do to take this training.**

Ask your Administrator how she or he wants you to do the training. You can do the training on the computer or you can print the training and work with the printed pages. Generally, you can just work through the modules in the order they are listed.

### **Who to ask if you have questions about this training.**

If you have questions about the way things are done in your facility, ask your Administrator. If you or your Administrator have questions or comments about the content of the training, ask your Administrator to contact the Residential Community Care Program Supervisor at the Bureau of Facility Standards.

### **Activities are essential for quality of life.**

**Well planned activities can help provide structure, meaning and independence to residents.**

**An activity program increases the quality of life for your residents. When residents have access to activity programs, they are able to continue to feel meaningful, maintain a sense of self, and achieve goals in their lives.**

What this means to you

- You can help residents participate in activities. It allows residents to feel important, adds meaning into their lives, and gives them a sense of fulfillment.
- Helping residents to participate in an activity program allows opportunities for residents to socialize with others and develops a sense of accomplishment.
- Having scheduled activities provides residents something to look forward to in their day.

### **Key elements of activity programs include:**

- ✚ Activities that all residents can participate in.
- ✚ Motivates residents to participate.
- ✚ Meets the needs and interests of residents.
- ✚ Offers a sense of control and satisfaction to residents.

**While assisting residents in an activity program, it is important to remember the activities need to be flexible in order to fit all residents' needs. When residents participate in an activity and that activity is above or below their ability, they will lose interest in participating. Residents need to be encouraged to participate in activities or they may choose not to join or just sit and watch. Many residents have different interests, background and hobbies so it is important to be creative when deciding on activities.**

What this means to you

- You may need to assist residents to join in and actively participate in an activity program.
- You can encourage residents to participate using humor while making it fun for you too.
- The key point of each activity is to promote independence.

- 🍌 You may have to provide hands on assistance to help some residents to achieve their goal.

## Categories of activities:

- 🍌 Social interactions through group discussions.
- 🍌 Conversation and visiting.
- 🍌 Arts and crafts.
- 🍌 Reflection and life review.
- 🍌 Music.
- 🍌 Daily living activities.
- 🍌 Physical activities.
  - Games
  - Sports
  - Exercises
- 🍌 Education through special classes.
- 🍌 Leisure time.
- 🍌 Community resources.

**There are many things that can be done as activities. Variety is the spice of life.**

## Example Activities:

- 🍌 **Social Interactions – Activities where participants are actively involved and interact socially with others.**
  - Sing-a-long
  - Listening to the radio
  - Playing games
  - Exercise
  - Crafts
- 🍌 **Reflection and Life Review – Activities where participants review and reflect on their past experiences.**
  - Photo albums
  - Listening to familiar songs
  - Sharing personally valued items from the past
- 🍌 **Sensory Stimulations – Activities where participants explore using their senses (i.e. tasting, smelling, touching, hearing, seeing).**
  - Touching and altering Play-dough
  - Tasting fruit
  - Listening to birds
  - Smelling flowers
  - Exploring textures
  - Looking at family albums





**The following is a list of a few sample activities to use with the residents. These are suggestions, and you are encouraged to develop your own activities that may also be successful for your residents (Those with \*are more appropriate for residents with severe cognitive impairment):**

*Sort poker chips	*Put silverware away	Finish famous sayings
*Count poker chips	Make a Valentine collage	Make a May basket
Rake leaves	Sing favorite songs	Plant a tree
Read out loud	Take a ride	Pop popcorn
Cook	Give a manicure	Listen to music
*Wipe off table	Weed the flower bed	Fold clothes
Sort object by shape	Sort objects by size	Take a walk
Sweep patio	Have afternoon tea	Make a family tree
Water house plants	Dance	Make homemade ice cream
Make cards	Write a letter	Name the presidents
Feed the ducks	*Play with Play dough	Put a puzzle together
Arrange fresh flowers	Remember famous people	Paint with string
Put bird feed out	*Roll yarn into a ball	Make a birthday cake
Bake cookies	Make a pie	Put coins in a jar
Shopping	Movies	

*(from the Columbia, Missouri Chapter of the Alzheimer's Association)*

**The benefits of properly designed activities are important for all age groups of residents.**

### **The benefits of activities:**

-  Improve physical, mental and emotional health.
-  Promotes self-esteem and self-worth.
-  Promotes independence.
-  Enhances quality of life.

**Inactivity is more common in older adults as compared to middle-aged adults. Few older adults achieve the minimum physical activity recommended. By investing a small amount of time in an activity program, remarkable health benefits can be obtained for residents.**

**Participating in activities can produce positive results leading to better health.**

**Physical activity can decrease the effects of chronic illness in residents. Through activity residents' symptoms of depression or stress can be reduced. Another added benefit is the result in a sense of accomplishment by residents. Activities that encourage active participation and social interactions are valuable; these activities may lower the risk or advancement of dementia. Activities should be physically, mentally, and emotionally energizing for participants.**

What this means to you

- 🔴 Work with the designated person developing the activity program to offer flexibility that will meet all the needs of your residents.
- 🔴 You will want to include all residents in your activity program regardless of age, cognitive ability, and gender.
- 🔴 You can improve the health and well-being of your residents by providing activities.

**Residential Care or Assisted Living Facilities should encourage residents to begin and maintain activities to improve health and to promote independent living.**

**An activity program is essential for the resident's optimal health.**

**Learning exercises:**

- 1. Activities and exercise can help reduce stress. (True or False)**
- 2. Activities are essential for living. ( True or False)**
- 3. When residents participate in activities they feel important. (True or False)**
- 4. Structured exercise and activity gives residents something to look forward to. (True or False)**
- 5. Dementia can be worsened by activities. (True or False)**
- 6. All activities are appropriate for everyone. (True or False)**

**Answers:**

- 1. T**
- 2. T**
- 3. T**
- 4. T**
- 5. F**
- 6. F**

